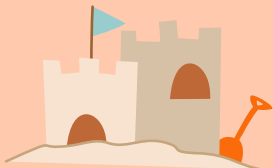


Checklist for a Fun & Safe Summer!

1 Check Beach Conditions

Visit our website for beach closures or advisories due to unsafe bacteria levels.



2 Be Safe!



Make sure your helmet fits! It should sit flat, not leaning forward or back.

Secure chin strap snugly to prevent the helmet from wiggling.

3 Grab a tick kit!

Stop by the Health Department to get a tick kit that includes: deet wipe, tweezers, alcohol pad, band aid, and tick ID chart.



4 Get school vaccines early

Don't wait until the busy start to the school year. Plan ahead and schedule appointments now!



Learn more about Vaccines for Children at the Health Department!



5 Wear Sunscreen

Use SPF 30 or higher

Apply 15 minutes before going outside

Reapply every 2 hours



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